

**Michigan Department of Education
PHYSICAL EDUCATION ALIGNMENT RECORD**

First Grade			
Expectations	District Curriculum	Time Spent	Notes/Comments
<i>Space Awareness</i>			
M.MC.01.01 demonstrate selected elements of space awareness movement concepts for location (e.g., self-space and general space) in isolated settings.			
M.MC.01.02 demonstrate selected elements of space awareness movement concepts for directions (i.e., up/down, forward/backward, right/left, and clockwise/counterclockwise) in isolated settings.			
M.MC.01.03 demonstrate selected elements of space awareness movement concepts for levels (i.e., low, medium, and high) in isolated settings.			
M.MC.01.04 demonstrate selected elements of space awareness movement concepts for pathways (i.e., straight, curved, and zigzag) in isolated settings.			
M.MC.01.05 demonstrate selected elements of space awareness movement concepts for extensions (i.e., large/small and far/near) in isolated settings.			
<i>Effort</i>			
M.MC.01.06 demonstrate selected elements of effort movement concepts for time (i.e., fast/slow and sudden/sustained) in isolated settings.			
M.MC.01.07 demonstrate selected elements of effort movement concepts for force (i.e., strong and light) in isolated settings.			
M.MC.01.08 demonstrate selected elements of effort movement concepts for flow (i.e., bound and free) in isolated settings.			

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Expectations	District Curriculum	Time Spent	Notes/Comments
<i>Relationships</i>			
M.MC.01.09 demonstrate selected elements of relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical) in isolated settings.			
M.MC.01.10 demonstrate selected elements of relationship movement concepts of objects and/or people (i.e., over/under, on/off, near/far, in front/behind, along/through, meeting/parting, surrounding, around, and alongside) in isolated settings.			
M.MC.01.11 demonstrate selected elements of relationship movement concepts with people (i.e., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, partners, groups, and between groups) in isolated settings.			
Motor Skills and Movement Patterns: Movement Concepts			
<i>Non-Locomotor</i>			
M.MS.01.01 demonstrate selected elements of non-locomotor skills of balancing, bending, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying, jumping, and landing in isolated settings.			
<i>Locomotor</i>			
M.MS.01.02 demonstrate selected elements of mature form of locomotor skills of walk, run, leap, slide, gallop, hop, and skip in isolated settings.			
<i>Manipulative</i>			
M.MS.01.03 demonstrate selected elements of the mature form of manipulative skills of roll and underhand throw in isolated settings.			
M.MS.01.04 demonstrate selected elements of the manipulative skills of two-handed catch and kick (stationary) in isolated settings.			

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Expectations	District Curriculum	Time Spent	Notes/Comments
Motor Skills and Movement Patterns: Aquatics			
M.AQ.01.01 demonstrate selected elements of the basic aquatic skills of front float, back float, and recovery with flotation support in isolated settings.			
M.AQ.01.02 demonstrate selected elements of safe water entry and exit with flotation support in isolated settings.			
M.AQ.01.03 demonstrate a combination of arms and legs to locomote in the water with flotation support in isolated settings.			
M.AQ.01.05 demonstrate putting on a life jacket with teacher guidance in isolated settings.			
Motor Skills and Movement Patterns: Rhythmic Activities			
M.RA.01.01 demonstrate a movement pattern (locomotor and axial) to even and uneven rhythms.			
Content Knowledge: Feedback			
K.FB.01.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.			
Content Knowledge: Movement Concepts			
Space Awareness			
K.MC.01.01 identify all space awareness movement concepts for location (e.g., self-space and general space).			
K.MC.01.02 identify all space awareness movement concepts for directions (e.g., up/down, forward/backward, and right/left).			
K.MC.01.03 identify all space awareness movement concepts for levels (i.e., low, medium, and high).			

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<i>Space Awareness, Continued</i>			
K.MC.01.04 identify all space awareness movement concepts for pathways (i.e., straight, curved, and zigzag).			
K.MC.01.05 identify all space awareness movement concepts for extensions (i.e., large/small and far/near).			
<i>Effort</i>			
K.MC.01.06 identify all effort movement concepts for time (i.e., fast/slow and sudden/sustained).			
K.MC.01.07 identify all effort movement concepts for force (i.e., strong and light).			
K.MC.01.08 identify all effort movement concepts for flow (i.e., bound and free).			
<i>Relationship</i>			
K.MC.01.09 identify all relationship movement concepts of body parts (i.e., round, narrow, wide, twisted, symmetrical, and nonsymmetrical).			
K.MC.01.10 identify all relationship movement concepts of objects and/or people (e.g., over/under, on/off, front/behind, along/through, meeting/parting, surrounding, around, and alongside).			
K.MC.01.11 identify all relationship movement concepts with people (e.g., leading/following, mirroring/matching, unison/contrast, solo, alone in mass, and partners).			
Content Knowledge: Motor Skills			
<i>Non-Locomotor</i>			
K.MS.01.01 identify all the critical elements of the following non-locomotor skills: balancing, bending, stretching, rocking, rolling, curling, twisting, turning, swinging, and landing.			
<i>Locomotor</i>			
K.MS.01.02 identify all the critical elements of the following locomotor skills: walk, run, leap, jump, skip, hop, gallop, slide, and chase.			

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<i>Manipulative</i>			
K.MS.01.03 identify selected elements of the following manipulative skills: roll and overhand throw.			
Content Knowledge: Outdoor Pursuits			
K.OP.01.01 identify selected elements of the seven principles of Leave No Trace (PEAK version) in isolated settings.			
K.OP.01.03 identify selected aspects of types of equipment associated with outdoor pursuits.			
Content Knowledge: Rhythmic Activities			
K.RA.01.01 distinguish between basic rhythmic patterns (e.g., even and uneven).			
Content Knowledge: Participation Inside/Outside Physical Education			
K.PA.01.01 identify safety rules and procedures for selected physical activities.			
Content Knowledge: Health-Related Fitness			
K.HR.01.01 identify three of the five components of health-related fitness.			
Content Knowledge: Physical Activity and Nutrition			
K.AN.01.01 identify that moderate levels of physical activity increase heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).			
K.AN.01.02 understand that supporting body weight in selected activities develops muscular strength and endurance (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts).			
K.AN.01.03 recognize flexibility through a full range of motion of major joints.			
Fitness and Physical Activity: Participation During Physical Education			
A.PE.01.01 participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor and developmentally appropriate manipulative skills.			

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Fitness and Physical Activity: Participation Outside Physical Education			
A.PA.01.01 participate, at a moderate intensity level, in physical activities that focus on skill building rather than on formal game structure, including a variety of locomotor activities and developmentally appropriate manipulative skills on a daily basis.			
Fitness and Physical Activity: Health-Related Fitness			
A.HR.01.01 recognize three of the five components of health-related fitness.			
Fitness and Physical Activity: Physical Activity and Nutrition			
A.AN.01.01 achieve moderate levels of physical activity that cause increased heart rate, breathing rate, perspiration, etc. (e.g., running, galloping, and hopping).			
A.AN.01.02 support body weight, briefly, in selected activities (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts) to develop muscular strength and endurance.			
A.AN.01.03 demonstrate flexibility through a full range of motion of major joints.			
Personal/Social Behaviors and Values: Feedback			
B.FB.01.01 use cues from teachers to improve motor skills and movement patterns, fitness, and physical activities in isolated settings.			
Personal/Social Behaviors and Values: Personal/Social Behaviors			
B.PS.01.01 exhibit selected behaviors which exemplify some of the personal/social character traits of responsibility, best effort, and cooperation in isolated settings.			